Our Safety Companion
www.linkedin.com/groups/14358552/

Tip #1

Prioritize Proper Lifting Techniques

Whether at work or home ...

Our Safety Companion
www.linkedin.com/groups/14358552/

remember to bend your knees,

Our Safety Companion
www.linkedin.com/groups/14358552/

keep the object close to your body,

Our Safety Companion
www.linkedin.com/groups/14358552/

and lift with your legs.

Our Safety Companion

www.linkedin.com/groups/14358552/